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GRACE AND TRUTH.

BY W. P. MACKAY.

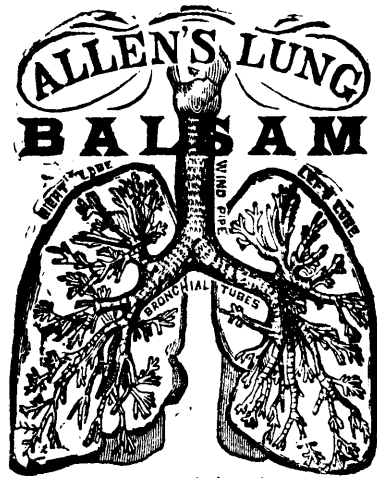
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IS A POSITIVE CURE

For all of those Painful Complaints and Weaknesses so common to our best FEMALE POPULATION.

IT WILL CURE ENTIRELY THE WORST FORM OF FEMALE COMPLAINTS, ALL OVARIAN TROUBLES, INFLAMMATION AND ULCERATION. FALLING AND DISPLACEMENTS, AND THE CONSEQUENT SPINAL WEAKNESS, AND IS PARTICULARLY ADAPTED TO THE CHANGE OF LIFE.

IT WILL DISSOLVE AND EXPEL TUMORS FROM THE UTERUS IN AN EARLY STAGE OF DEVELOPMENT. THE TENDENCY TO CANCEROUS HUMORS, WHICH CHECKED VERY SPEEDILY BY ITS USE.

IT REMOVES FAINTNESS, FLATULENCE, DESTROYS ALL CRAVING FOR STIMULANTS, AND RELIEVES WEAKNESS OF THE STOMACH. IT CURES BLOATING, HEADACHE, NERVOUS PROSTRATION, GENERAL DEBILITY, DEPRESSION AND INDIGESTION.

THAT FEELING OF BEARING DOWN, CAUSING PAIN, WEIGHT AND BACKACHE, IS ALWAYS PERMANENTLY CURED BY ITS USE.

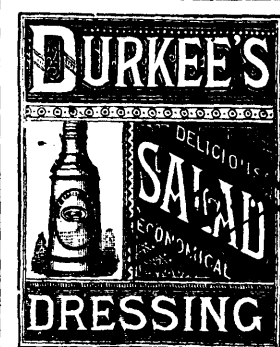
IT WILL AT ALL TIMES AND UNDER ALL CIRCUMSTANCES ACT IN HARMONY WITH THE LAWS THAT GOVERN THE FEMALE SYSTEM.

ITS PURPOSE IS SOLELY FOR THE LEGITIMATE HEALING OF DISEASE AND THE RELIEF OF PAIN, AND THAT IT DOES ALL IT CLAIMS TO DO, THOUSANDS OF LADIES CAN GLADLY TESTIFY.

FOR THE CURE OF KIDNEY COMPLAINTS IN EITHER SEX THIS REMEDY IS UNSURPASSED.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND is prepared at Lynn, Mass. Price \$1. Six bottles for \$5. Sold by all druggists. Sent by mail, postage paid, in form of Pills or Lozenges on receipt of price as above. Mrs. Pinkham's "Guide to Health" will be mailed free to any Lady sending stamp. Letters confidentially answered.

No family should be without LYDIA E. PINKHAM'S LIVER PILLS. They cure Constipation, Biliousness and Torpidity of the Liver. 25 cents per box.



No Waste. No Trouble. Always Ready A GOOD SALAD ASSURED. Rich, Wholesome, Nutritious.

The most delicious and the most popular. May be used for all kinds of SALADS, RAW TOMATOES, CABBAGE, COLD MEATS, FISH, etc., ever sold.

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FREEMAN'S WORM POWDERS are safe in all cases. They destroy and remove Worms in children or adults.

Scientific and Useful.

CHEAP POUND CAKE.—One cup of sugar, half a cup of butter, one-third of a cup of sweet milk, three eggs, one and a-half cups of flour, one teaspoonful of baking powder.

For Coughs and Colds, use Allen's Lung Balsam. Relief is warranted or money refunded. See adv.

CREAM TOAST.—Toast even slices of white bread a light golden brown. Scald the cream, and thicken with a very little corn flour, just the consistency of custard. Simmer till well done and no raw taste left. Stir in a piece of butter, and pour some of it evenly between layers of the hot toast.

SCOTCH SCONES.—Mix thoroughly a pound and a half of flour, a pinch of salt, a teaspoonful of soda, and the same of cream tartar. Mix to a light paste with a pint of sour milk, knead the dough a little, roll it out till about a third of an inch thick and cut it into three-cornered pieces, each side being about four inches long. Put the scones on a floured tin and bake in a quick oven.

Lydia E. Pinkham's Vegetable Compound is a most valuable medicine for ladies of all ages who may be afflicted with any form of disease peculiar to the sex. Her Remedies are not only put up in liquid form but in Pills and Lozenges in which form they are securely sent through the mails.

WHITE CAKE.—The whites of six eggs, one cup sugar, one-half cup of butter, one-half cup sweet milk, one and one-half cups of sifted flour, one tablespoonful of corn starch, three teaspoonfuls of baking powder. Stir the sugar and butter to a cream, then add the cornstarch well dissolved in the milk, then flour and baking powder, well mixed; last of all the beaten eggs. Flavour with lemon or vanilla.

CARAMEL.—To make caramel, put into a porcelain saucepan say half a pound of sugar and a tablespoonful of water. Stir it constantly over the fire until it has a bright, dark-brown colour, being careful not to let it burn or blacken. Then add a teacupful of water and a little salt; let it boil a few moments longer, and strain it. Put it away in a close-corked bottle, and it is always ready for colouring soups.

A Household Perfume. Every family able to appreciate and enjoy the pleasure afforded by a really healthy and delicious perfume, should supply themselves with the genuine MURRAY & LAMONT'S FLORIDA WATER. It is the most delightful and most lasting of all fragrant Waters.

A NICE BREAKFAST.—A nice breakfast for one who is not equal to hearty fare is made of toast and eggs prepared in this way: Put a lump of butter in a saucepan, and then drop three eggs into it; stir briskly and constantly, so that the eggs will be smooth and not lumpy. Have two thin slices of buttered toast ready, and when the eggs are done lay them on one piece of the toast and lay the other lightly over it; do not crowd it down and make the egg run over the edge of the toast.

A WIDE RANGE OF USEFULNESS.—The great household remedy so popular with the people—Hayyard's Yellow Oil—is alike valuable for external and internal use, curing rheumatism, colds, sore throat, croup, frost bites, burns, bruises, and all lameness and soreness of the flesh.

FOOD FOR THE SICK.—For beef-tea, one pound lean beef, cut into small pieces, put into a jar without a drop of water; cover tight, and set in a pot of cold water. Heat gradually to a boil, and continue this steadily for three or four hours, until the meat is like white rags, and the juice all drawn out. Season with salt to taste, and when cold, skim. The patient will often prefer this ice-cold to hot. For mutton broth use one pound lean mutton or lamb, cut small; one quart water—cold; one tablespoonful rice, or barley, soaked in a very little warm water; four tablespoonfuls milk; salt and pepper, with a little chopped parsley. Boil the meat, unsalted, in the water, keeping it closely covered, until it falls to pieces. Strain it out, skim, add the soaked barley or rice; simmer half an hour, stirring often; stir in the seasoning and the milk, and simmer five minutes after it heats up well, taking care it does not burn. Serve hot, with cream crackers.

CONSUMPTION is a disease contracted by a neglected cold—how necessary then that we should at once get the best cure for Coughs, Colds, Laryngitis, and all diseases of the Throat and Lungs—one of the most popular medicines for these complaints is Northrop & Lyman's Emulsion of Cod Liver Oil and Hypophosphites of Lime and Soda. Mr. J. F. Smith, Druggist, Dunnville, writes: "It gives general satisfaction and sells splendidly."

Advertising Cheats!!!

"It has become so common to write the beginning of an article, in an elegant, interesting manner,
"Then run it into some advertisement that we avoid all such,
"And simply call attention to the merits of Hop Bitters in as plain, honest terms as possible,
"To induce people
"To give them one trial, which so proves their value that they will never use anything else."
"THE REMEDY so favourably noticed in all the papers,
"Religious and secular, is
"Having a large sale, and is supplanting all other medicines.
"There is no denying the virtues of the Hop plant, and the proprietors of Hop Bitters have shown great shrewdness
"And ability
"In compounding a medicine whose virtues are so palpable to every one's observation."

Did She Die?

"No!
"She lingered and suffered along, pining away all the time for years,"
"The doctors doing her no good;"
"And at last was cured by this Hop Bitters the papers say so much about."
"Indeed! Indeed!"
"How thankful we should be for that medicine."

A Daughter's Misery.

"Eleven years our daughter suffered on a bed of misery,
"From a complication of kidney, liver rheumatic trouble and Nervous debility,
"Under the care of the best physicians,
"Who gave her disease various names,
"But no relief,
"And now she is restored to us in good health by as simple a remedy as Hop Bitters, that we had shunned for years before using it."—THE PARENTS.

Father is Getting Well.

"My daughters say:
"How much better father is since he used Hop Bitters."
"He is getting well after his long suffering from a disease declared incurable."
"And we are so glad that he used your Bitters."—A LADY of Utica, N. Y.

THE progress of medical enlightenment has led to the abandonment of many antiquated remedies of questionable value, and the adoption of newer and more rational ones. Prominent among the latter is Northrop & Lyman's Vegetable Discovery and Dyspeptic Cure, the justly celebrated Blood Purifier, a comprehensive family remedy for Liver Complaint, constipation, indigestion, loss of physical energy, and female complaints.

CREAM WAFLES.—Sifted flour, four cups; soda, cream of tartar and salt, one teaspoonful of each; eggs, three; cream, two cups. Mix the soda and cream of tartar and salt with the dry flour; mix the beaten yolks with the cream, and make a smooth batter. Add the whites of the eggs beaten to a froth. Butter the waffle irons, and fill three-quarters full. Bake a light brown.

SPRING CLEANING.—Every good housewife will renovate the entire household at least every spring and fall. Our systems often need renovating also, and there is nothing better to make pure blood and cleanse and regulate all the secretions than Burdock Blood Bitters, preventing diseases incidental to the season's changes.

AMBER SOUP.—Take two pounds of soup bone, a chicken, a small slice of ham, an onion, a sprig of parsley, half a small carrot, half a small parsnip, half a stick of celery, three cloves, pepper, salt, a gallon of cold water. Let the beef, chicken and ham boil slowly for five hours; add the vegetables and cloves to cook the last hour, having fried the onion in a little hot fat, and then in it stick the cloves. Strain the soup into an earthen bowl, and let it remain over night. Next day remove the caka of fat on the top; take out the jelly, avoiding the settlings; and mix into it the beaten whites of two eggs with the shells. Boil quickly for half a minute, then, placing the kettle on the hearth, skim off carefully all the scum and white of the eggs from the top, not stirring the soup itself. Pass this through the jelly bag, when it should be quite clear. The soup may then be put aside, and reheated just before serving. Add then a large spoonful of caramel, as it gives it a richer colour and also a slight flavour.

N. McRAE, Wyebidge, writes: "I have sold large quantities of Dr. Thomas' Electric Oil. It is used for colds, sore throat, croup, etc., and in fact for any affection of the throat it works like magic. It is a sure cure for burns, wounds, and bruises."